

The Douglas College Student newspaper serving the campuses of: Richmond, Coquitlam, Surrey, Haney, and New Westminster. May GOD be with you

CAMPUS BOOKSTORE ROBBED

\$15,000 theft 'inside job'

A Douglas College student and an employee of the college were arrested Thursday and charged with the Wednesday night theft of almost \$15,000 from the New Westminster campus bookstore.

New Westminster police apprehended Shirley Olsen, a cashier in the bookstore, and student Edward LaFavor, in possession of the stolen money Thursday night.

Police were first notified of a theft Wednesday evening by Olsen, who claimed she

was attacked from behind by a young man wearing black pants and running shoes as she left the bookstore with the money, which she claimed she intended to deposit in a bank deposit box.

Olsen and LaFavor were both charged with possession of stolen goods, but Olsen was also charged with public nuisance for misleading police.

All the money was retrieved except for about \$100. No further information on the case was available at press time.



"Meet me in the parking lot behind the bookstore".

Curriculum adjustments favorable

Recently announced adjustments to the ministry of education's "core curriculum" program have been favourably received by the head of the B.C. Teacher's Federation.

BCTF President Pat Brady said last week that he is "pleased the ministry has recognized 'atypical' students, although we are critical of the fact that no solutions are offered to this problem." He said the original core curriculum proposal introduced in the legislature last fall did not address itself to the special problems faced by students with learning disabilities or those with outstanding abilities.

Last week, the B.C. Cabi-

net approved a teachers guide outlining specific sections of textbooks which must be taught by teachers in the province's schools.

The new teaching policy was to emphasize basic skills, such as English and mathematics, on a compulsory basis. It would also involve earlier school-leaving for students heading to vocational schools.

The guide has now been modified by cabinet, Brady said, with there now being little actual changes taking place within schools.

"I see nothing in the so-called core curriculum that is significantly different from what teachers are already doing."

McGeer tightens reigns on student activism

When Education Minister Pat McGeer handed down the Colleges and Provincial Institutes Act in August, some student leaders were a little stymied by one particular section of the Act.

In fact, almost everyone was in a quandry about it—but as rumour has it, the BC Student Federation had expected a provision guaranteeing mandatory collection of student fees in a trade-off for representation on college boards.

As it happened, there was

no provision guaranteeing student representation on college boards—but there was no mandatory collection of activity fees guaranteed either.

The BCSF was anything but pleased with the ministry.

Now, the minister has gone a step further with universities. The Education Act section of an enormous piece of legislation, that lumps small pieces of policy into larger chunks of law, suggests limiting student activism by requiring stu-

dent government members to be full-time students.

That section of the Act would prohibit part-time students from representing students on university boards and senates.

McGeer says the reason for it all is because there has been a tragic legacy of casual students dominating the direction of student affairs.

Neither the Simon Fraser Student Council nor the Alma Mater Society at the University of British Columbia was available for comment at press time.

Whistler cabin possible

Douglas College Student Council Tuesday received a final three-week deadline by the B.C. Land Management office to decide on an option to lease a lot at Whistler Mountain.

President Dave Johnston, responding to a letter dated Aug. 30 from the management office, stated he felt the society was in the position to lease the lot.

He said the construction management class had offered to build a "pre-fab"

cabin and there is "no reason why it could not pay for itself."

Johnston said he could not see the Ski Club running the cabin because they are not an elected body. He said he would like to see the Student Council having the ultimate say on who should use the cabin.

"If the Ski Club wants to use it, then let them come to us." He said the cabin should be for everybody's use.

Simon Fraser University, U.B.C., and B.C.I.T. each have cabins located at the base of Whistler Mountain, within a 10-minute walk of the ski lifts and other recreational structures.

Discussion on the matter was deferred to the next council meeting on Wednesday at 4 p.m. on the New Westminster campus (room 705).

CLOSED COURSES AND SECTIONS		CLOSED COURSES AND SECTIONS	
POL SC	120-20	MODL	120-10
ACC (ADV)	110-52		140-10
BIO	110-18		160/260-10
CHEM	110-21	ENG	106-30
MATH	120-50		100-30
BUS	320-50	PSY	100-51
MATH	150-11		100-30
HIS	130-10	SOC	125-20
SOC	125-20		135-60
		HIS	100-20

OOO-ha What a sight!

other editorial

NUS IS US BCSF too

BCSF and NUS - Being a member of the Douglas College Student Society entitles you to a membership in these acronyms.

Full-time students contribute 50 cents per head to each of these organizations; 25 cents for part-time students.

The British Columbia Students Federation is a provincial student organization that represents post-secondary students.

The National Union of Students is a coast-to-coast organization that brings together issues as they affect post-secondary students across the country.

"Students at Dalhousie University Protest Fee Increase by Boycotting Classes." Hmmm I wonder if students out here would do it?

Last year BCSF organized a student protest rally against tuition fee increases. How many showed up?

The approximate figures have escaped my head but it was not many. Who cares?

Tuition fees did not go up at Douglas College, but it did go up 20 per cent at the universities and if you are one of the 70 per cent taking university transfer courses you might...

BCSF needs your support if it is going to be effective in confronting student issues. The latest remark from our Education Minister states that he plans (in changes to the Universities Act) to limit university student government activities to full-time students.

Kind of limits student representation. What about the part-time student who is working and does not have mom and dad supporting them?

A main concern of the BCSF is organizing students at vocational schools such as BCIT or VVI (more acronyms for ya).

Students taking these vocational courses usually attend school full-time which means an eight hour day. After that who feels like hanging around and working on a newspaper, or trying to organize, so you can have a say to what course material you will be studying.

BCSF has one fulltime paid fieldworker who covers the province trying to make students wake up to the problems they face, such as the new college act that is in the legislature or organizing student councils at new institutions such as Caribou College.

NUS, which is comprised of eight full-time members is more concerned with events as they affect students across the country such as student aid, unemployment, financing, etc.

There are five other student federations across the country like BCSF. NUS acts as a liaison between all these organizations.

There is a lot of work to be done: researching, paperwork, answering telephone, to name a few. If interested, drop in at your campus student council office or call Karen Dean at 324-5348 or come down to the Other Press office - (New West campus-back part of the cafeteria, behind the juice machines).



the Other press

People who helped put this paper together: Brian Jones, Colleen Glynn, Donna Vaughan, Bill Cartier, Neil Dowienotzowie, Perry Dekezel, Gord Isfeld, Har Glavin, and Rory Munro.

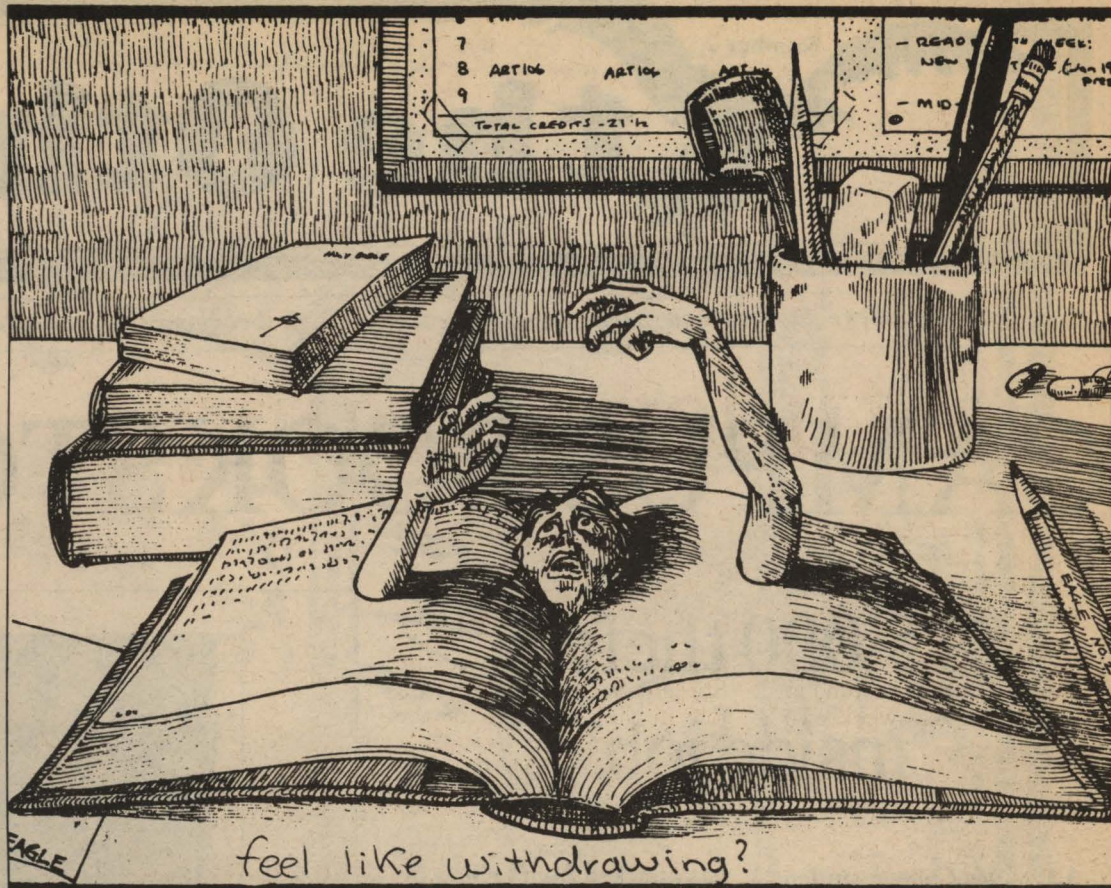
Special thanks goes to our typesetter Patrick Dyck.

Member of Canadian University Press, and subscriber of Pacific News Service.

The Other Press is a democratically run student newspaper. Published under the auspices of the Douglas College Student Society every Monday. The news office is located at the rear of the cafeteria on the New Westminster campus.

The Other Press, Box 2503, Douglas College, New Westminster, British Columbia, 522-6038, between 12 and 1, weekdays, Advertising: 522-6038.

★ ★ la otra prensa! ★ ★



letters

Who says it ain't worth it?

Viva la otra prensa

To the Editor:

It was a soggy Monday morning when I expired to the lavatory; on the throne I sat, soaking in my fumes, when a peculiar scratching sound caught my ear. "A mouse!" thought I, (immediately interrupted by a splashing noise as a few awakening drops of cold water hit my 'glutinous maximus').

Looking intently for a grey haired rodent, I noticed the feet in the stall to my left, humorously pointing at the far John Wall. It was then that I identified the scratching noise to be a pen on a wall, (I may be dumb but I'm not stupid.)

Quickly finishing off my job I peered over the separating wall and saw that my theory was correct.

After reading what this young buck had put on the wall, I told him he should join "The Other Press" and put his comical writing to good use. If he shows up, I'm the one to thank; or to blame.

Now about your press. It is full of witty, competitive, understandable literature; that not only a college student would want to read, but also a lot of drunks and perverts would get a lift out of it. I know because I am a drunken perverted student at Douglas College, and I enjoy it to the last period. I'm also glad its free to read.

Even if I couldn't read, the pictures and drawings would put a smirk or two on my face. Although your pictures are great, you definitely need a cartoonist; so since I can't read, I might join just to improve on them.

I noticed in your earlier paper you said you need people for reporters, writers, photographers, and cartoonists. Does this mean that the

editor was the only one producing "The Other Press?" If it does, 'Good Job!'

"The Other Press", if you didn't know, has a lot of uses. Of course there is the informative, advertising, pictorial, cartoonal side, but it can be used for another side. For instance, it can be used for Other Press airplanes; catching droppings when rolling cannabis; covering your face. Not to

mention the household uses, like swatting flies; fanning mildew; wiping your rear when there is no toilet paper (when doing this, beware of cancer of the rectum) and hundreds of other uses.

So if you see a copy of the Other Press lying around, don't hesitate to pick one up, you might need it sometime.

I hope "The Other Press" continues in the future and if you ever have too many papers on hand, just call the S.P.C.A. They need them.

Perry DeKezil

Lost????????????????

Editor:

Hey, what about us?

We here on the other side of the world, (Coquitlam campus), hear through the grape-vine that the OTHER PRESS first edition is out. Why haven't we received any copies?

Dental Assistant students have been in solitary confinement, at school, all summer. How about bringing us a little news, and humour; but we will settle for the OTHER PRESS.

Besides, your paper belongs in the Essondale surroundings.

The Dental Assistant Students....

DEAR DAS'S

Sorry for the slip, but the first issue was intended to be merely a registration issue for the New Westminster campus. Sorry for the slip,

Sorry for the slip, but the first issue was intended to be merely a registration issue for the New Westminster campus.

Since you people on the Coquitlam campus continue classes through out the year, and do not re-register on the New Westminster campus, as the other students do, you were inadvertently missed.

Editor...

letters to us

for sale

Letters to the editor should be typewritten and double spaced. Send care of campus mail or Poste du Canada or drop by in person and catch a peek behind the scene. Did this happen to you?

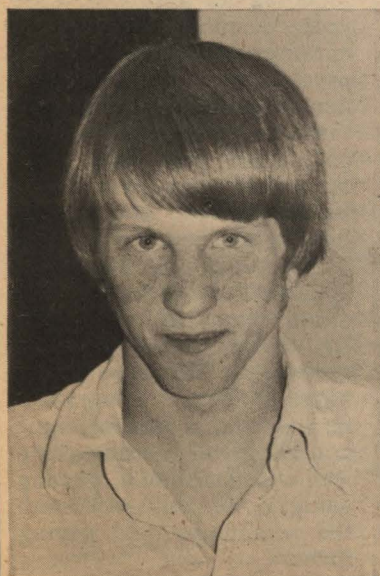
600 lbs. of clean sand in 10 60 lb. cement bags. Great for weight in the back of a truck for winter or for a childs sandbox - \$10 - contact: Sheila Dennison Coquitlam Campus 525-9211

This year's hopes of the Student Council

by Brian Jones?

The only thing preventing a full and active year at Douglas College is, YOU!

That was the major point made by student council president Dave Johnston, in an interview last week. To



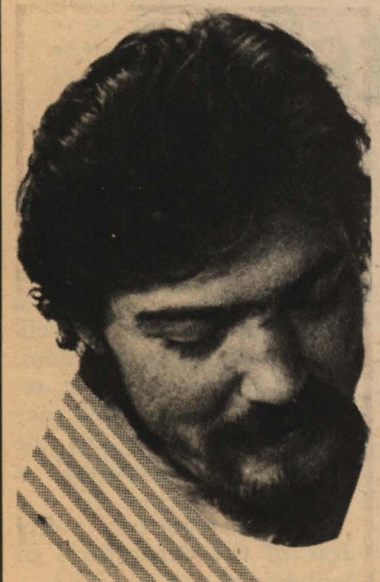
Dave Johnston
student council president

"create a more unified atmosphere between the campuses...we have many activities planned," he said. "What we lack are the people to make them work."

Floor hockey and flag football are two inter-campus sports that are set for the fall, and others could take place if students show the initiative and involve themselves.

Other events, such as dances, coffee houses, and pubs, are needed to create an even better atmosphere at the college; but again the setback is student apathy--few students put forth the effort to organize these events.

On the positive side, the Student Council offers the first pub of the school year on Friday, Sept. 16 at 4 p.m. in the New Westminster cafeteria. Entertainment is going to be furnished by, Mandrake the Magician. Tickets are 25 cents.



Jack Lich
Richmond Chairperson

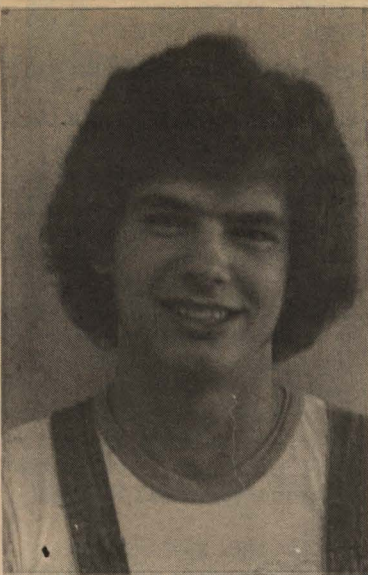
Anyone with ideas about activities, and or the energy to help run them, are asked to talk to their Student

Council rep., or visit the Student Society business office in the 700 block of the New Westminster campus.

The Student Society also hopes to continue an arrangement with the Canada Games Pool in New Westminster which permits students free access with I.D. cards. Johnston said the arrangement will not be official until the cost is ratified by Student Council, but he expects the arrangement will be reinstated.

He added that he would like to see the program modified "to take in Surrey and Richmond pools...so that people living in those areas would not have to travel all the way to New West."

This plan, however, is still tentative, and will require further study. "One change



Gabor
Westminister chairperson

that would be necessary," he said, "would be the limiting of days that the passes would be good for."

The cost of the program last year for the spring term was \$2,400. An addition of two pools could see the cost "mushroom" with the subsequent limitations.

Involvement in Student Government

Regarding student government itself, the objectives seem to be the same: "to increase student involvement and campus unification."

"This year," Johnston said "we plan to rotate campus meetings between Coquitlam, Surrey, Richmond and New West."

This gives students from all campuses an equal opportunity to attend council meetings, and participate in governmental affairs.

The council's first meeting will be held Wednesday, Sept. 7, at 4 p.m. in the 700 block of the New Westminster campus, and is open to all students.



Cindy Cridge
Treasurer

Those wishing to become involved with the council this fall have an opportunity to fill vacant positions as campus reps., or campaign for the internal vice-presidential office.

Five representatives are required for each campus, and the election is scheduled for Sept. 28.

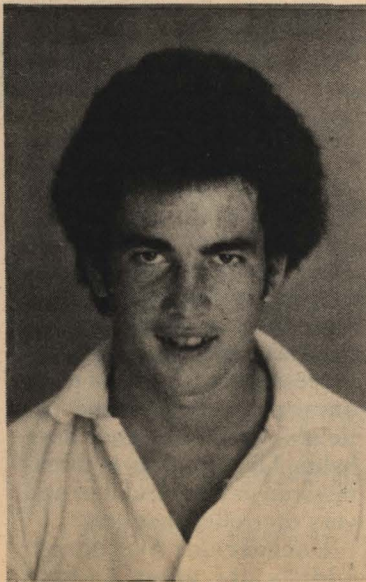
Anyone interested in any of these positions should obtain a nomination form from the Student Society office in New Westminster.

At present, any information concerning the Student Society may be obtained from the Campus Chairperson:

SURREY: LYNN WARNER
unavailable for mugshot
RICHMOND: JACK LICH

NEW WEST:
GABOR HAROMPOLY

COQUITLAM:
TO BE ELECTED



Doug Coates
vice president external

college bulletin

by J.L. Steeves

A renaissance music ensemble using such 16th Century instruments as the shawm, pommer, lute and sackbut, will start off Douglas College's Friday noon-hour concert series this year.

The Towne Waytes, a six-member professional group will perform in the band room on the New Westminster campus of the college Sept. 30 at 11:30 a.m.

Members of the public are invited to attend these four free musical noon-hours which will be held between Sept. 30 and Nov. 25.

The Towne Waytes is made up of David Skulski, playing the recorder and shawm; Joseph Condie on the dulcian and pommer; Dan La Branche and Jerry King playing the sackbut; Norman Stanfield on bombard and flute; and Hugh Sandilands on lute and viol.

Other concerts in the series will be a string bass recital Oct. 14, a jazz concert with the Fraser MacPherson Trio on Nov. 4, and a recorder, harpsichord and piano recital on Nov. 25.

The 1971 census figures indicate there are approximately 80,000 adults in the Douglas College region who are in need of basic literacy training, says instructor Nora Boyer.

Ms. Boyer is co ordinator of the Basic Literacy Training program for adults which will begin at Douglas College Oct. 3 in Coquitlam.

"Research indicates that the illiterate adult is highly adept at camouflaging his level of skills," she added.

The literacy program at Douglas is designed to help people who - for a variety of reasons - have not developed reading and writing skills beyond the grade four level, she explained.

The Basic Literacy Training courses are designed specifically to teach adults to read and write. "Instructors will be sensitive to the low self-concept which almost inevitably accompanies an inability to read and write," commented Ms. Boyer.

Students can begin classes at the beginning of each month as long as there is space available.

Classes are held in the day and evening, four days a week, with a longer practice session Fridays which is not mandatory.

Afternoon classes are from 1:30 to 4 p.m. Mondays to Thursdays, and evening classes are 7 to 9:30 p.m. The Friday practice session is from 10 a.m. to 2 p.m.

A fee structure has not yet been developed, but it is expected fees will be low.

Anyone interested in this program should call the Coquitlam campus at its new number: 525-9211, local 57 or 59.

A Surrey family physician will be giving classes at Douglas College on how the body works and how to keep it healthy.

Dr. Mike Klaper is a doctor with a strong commitment to promote health and positive lifestyles, and he will be teaching a course called Keeping Your Body Healthy.

Last year Dr. Klaper put on a similar course for his own patients in Surrey, but this Fall's course will be open to the general public through Douglas College and the Royal Columbian/Douglas Education Centre.

The course will be offered on Tuesday evenings from 7:30 to 9:30 beginning Sept. 20 and running until Oct. 18.

The fee is \$10 a person and classes will be in room 407 of the Surrey campus at 9260 - 140th Street.

The five sessions will include discussions about diet, exercise, reducing stress, common illnesses, disease prevention, and other health topics of current interest.

For registration information call Douglas College Admissions at 588-6404. Registration closes Sept. 16.

For divorced, separated or widowed women, Douglas College offers an unusual course entitled On Being Single Again.

In Surrey, this course is being co-sponsored by the Surrey Family Life Education Association Wednesday evenings beginning Sept. 14, from 8 to 10 p.m., on the Surrey campus of the college.

In Port Coquitlam, it is co-sponsored by the Port Coquitlam Area Women's Centre, the Port Coquitlam Mental Health Centre, and the Port Coquitlam Recreation Centre.

It will be held in George Pearkes Jr. Secondary Tuesday evenings, from 7:30 to 9:30 p.m., beginning Sept. 13.

This course will provide an opportunity for people to evaluate their lifestyles; share common concerns; look for solutions regarding loneliness, parenting, sexuality, finances and career opportunities; and discover some of the pleasures of independence and personal growth.

Douglas College is also offering a Psychology for Women course in Maple Ridge beginning Sept. 28, Wednesday mornings and one weekend.

Some of the topics in this series include Socialization, Women and Mental Health, Stress and Beyond, and the weekend workshop will be on Experiencing and Expanding.

Child care is available for 2 to 5 year olds by calling the arts centre at 463-3113.

The instructor for this course is Dr. Sara David, a clinical psychologist.

Schizophrenia...

One woman's battle

By Heather Brown
For Pacific News Service

Two years ago, in a moment of outrage over the failure of a romantic entanglement and her rejection by a radical political group, Marlene Charyn shot and killed a woman she didn't know.

Depressed, withdrawn and guilt-ridden, she was diagnosed a schizophrenic with manic-depressive psychosis and committed to the state hospital system in California. Doctors told her she would have to take phenothiazines, heavy tranquilizer-like drugs, for the rest of her life.

Today, at 35, Marlene is off the phenothiazines and is maintaining a straight A-average at Napa State College where she is studying biochemistry, biology and nutrition. She writes songs, plays piano, lectures before local consumer health groups, recently published a book of her poems and has initiated a nutrition education program for the staff and patients at Napa State Hospital—where she remains a patient.

Marlene says she has recovered because she challenged the drug treatments routinely administered to most schizophrenics and successfully demanded that she be allowed to treat herself.

She attributes her new-found mental and physical health to orthomolecular therapy—the use of megavitamins (high potency B complex and vitamin C) and balanced nutrition. She insists that, despite nearly 20 years of "put-down" by the medical establishment, orthomolecular psychiatry is a potential revolution in the treatment of schizophrenia.

For the first year of her incarceration, Marlene felt so guilty that she could think of nothing but the stranger she had killed.

"Every time I closed my eyes I would see that awful scene, but I couldn't figure out why I had done that."

She was also heavily drugged. "If you could have seen me," she adds, "I was so groggy from the drugs I couldn't stay awake. I couldn't participate in group therapy, I couldn't talk."

Midway through her second year, Marlene started to think about herself scientifically.

"Fortunately my ward doctor took me off the phenothiazines when she discovered that I was not only psychotic, but deeply depressed from the drugs," she says.

"The present drug treatment is ineffective and unsafe," Marlene charges. "Patients are incurring permanent brain damage—tardive dyskinesia (a Parkinson-like disease)—from the phenothiazines. Nobody is getting brain damage from the vitamins. I was here for one

glucose tolerance tests to detect chemical imbalances that might effect her mental functioning.

She finally got the tests, she says, because the doctors "wanted me to get off their backs." Marlene discovered she was both hypoglycemic and hyperthyroid. She then became convinced that part, if not all, of her "mental" condition was due to her hypoglycemic condition.

"Hypoglycemia may not kill you, but it may make you wish you were dead," says Dr. Harvey Ross of the Academy of Orthomolecular Psychiatry. "It is an abnor-

mal drug companies introduced phenothiazines, the medical establishment dismissed the treatment as "unscientific" and adopted the tranquilizing drugs, instead.

Phenothiazines were considered a medical breakthrough. Schizophrenia hospitalizes more people than cancer, heart disease and arthritis combined; and phenothiazines offered physicians control of the unpleasant symptoms, eliminating the need for physical restraints for the patients.

Increasing published evidence, however, indicates that prolonged treatment with phenothiazines produ-

In addition to her studies, she spearheads a patients' rights organization, Patients Organized for Environmental Therapy (POET), which collates information on abuses and new developments in the struggle for civil rights for the mentally ill.

"A year ago I had no idea that I would be able, or have any desire, to do these things," she recalls. "My life seemed to go beyond repair."

Marlene will soon be up for parole consideration, and the hospital staff is recommending its approval. Last year, despite a similar recommendation from three psychiatrists, Marlene was denied parole by a Superior Court judge in San Francisco. Since that time her appeal of that denial has been granted, and a new hearing is scheduled.

The Napa psychiatrists' appraisal of Marlene's condition seems to mesh with Dr. Hoffer's definition of recovery. "By recovery," says Hoffer, "I mean a person who is free of signs and symptoms, getting along well with his family, getting along reasonably well with the community and paying taxes."

If released, Marlene intends to continue working with her POET organization and lobbying for orthomolecular therapy and better nutrition for mental patients.

Societies of orthomolecular practitioners, she points out, are growing rapidly in membership. In its first three years, the Academy of Orthomolecular Psychiatry has attracted more than 200 physician-members nationwide. The two-year-old California Orthomolecular Medical Society already boasts a membership of 200 doctors.

While there is far from universal agreement on the effectiveness of the therapy, proponents claim to have treated more than 20,000 schizophrenic patients with significant improvement in over 75 per cent of the cases.

"Look at me," Marlene exclaims. "For the first time in my life I feel physically, mentally, and emotionally healthy."

THE VANCOUVER SUN: FRI., AUGUST 12, 1977 ***13

Megavitamin row continues

Sun Victoria Bureau

VICTORIA — The issue of whether megavitamin users should be eligible for Pharmacare benefits dominated question period for the second day in a row Thursday.

The issue was first raised Wednesday when Opposition members blasted Human Resources Minister Bill Vander Zalm for excluding megavitamins from Pharmacare coverage.

NDP health critic Chris D'Arcy (Rossland-Trail) kicked the matter off by raising the case of a 25-year-old Victoria woman who suffers from myasthenia gravis and cannot afford the \$100 a month needed to buy megavitamins.

D'Arcy again opened the questioning Thursday, asking if Vander Zalm has referred the matter to his department's prescription drug advisory committee.

Vander Zalm began his answer by saying that his ministry depends primarily upon the judgment of the federal food and drug directorate for the definition of drugs eligible for Pharmacare.

He was interrupted several times by D'Arcy, who accused him of trying to use up the time allotted for question period.

After being cautioned three times by Speaker Ed Smith to answer the question, Vander Zalm replied that the drug advisory committee was disbanded during the former NDP administration.

and a half years, and nothing happened. I didn't start to get well until I started taking vitamins."

Marlene won permission to enroll at Napa State College, where she started reading every book she could get on mental illness. One evening she attended a lecture on schizophrenia by Dr. Michael Lesser, a psychiatrist and practitioner of orthomolecular medicine who claims to have cured 600 patients.

After listening to Lesser, Marlene began researching orthomolecular therapy and ministering to herself. She bought her own vitamins, took them without doctor's knowledge, and "started bugging the doctors" for

malady of the metabolism that results in low blood-sugar level. Eating quickly-absorbed carbohydrates, sugar and white flour will exacerbate the malady." Patients suffering from hypoglycemia experience depression, anxiety, phobias, and irritability, he says.

Dr. Abram Hoffer, a Canadian psychiatrist, and Dr. Humphry Osmond of the New Jersey Neuro-Psychiatric Institute at Princeton, both pioneers of megavitamin therapy twenty years ago, claim that 75 per cent of the schizophrenics they have treated were hypoglycemic.

Although megavitamin therapy was introduced in the 50's at the same time the

ces tardive dyskinesia. A number of studies indicate anywhere between six and 40 per cent occurrence of the disease in schizophrenic patients treated with the drugs.

The resulting brain damage is often irreversible, according to the studies. While the patient may no longer suffer from horrible delusions, he loses control over his muscles, exhibiting involuntary tongue thrusts and lip-smacking.

Marlene, now an energetic, independent and "highly intelligent and capable woman", as Dr. Lesser describes her, arises at 4:00 a.m. each day to devote time to a book she is writing on her experience at Napa.

Vitamin 'c' to cure addicts?

By Mark Schwartz for
Pacific News Service

For the past decade, vitamin C—or ascorbic acid—has been touted for the cure and prevention of everything from the common cold to cancer.

Now, a group of California researchers—including Nobel laureate Linus Pauling—have stirred a public debate with their contention that massive doses of vitamin C, taken with minerals and protein, can cure even the most severe cases of drug addiction.

"Nothing has been done for the addict in the 17 years since morphine was first introduced in the United States, except to substitute one addicting drug (like methadone) for another (like heroin)," says Dr. Alfred F. Libby.

Libby, a chiropractor, says he has used vitamin therapy on 75 addicts at his Santa Ana clinic since 1974, and claims he has had no failures.

According to Libby, the basic treatment is simple,

inexpensive and non-toxic. In the initial phase, the patient is given oral doses of 25-85 grams of sodium ascorbate a day, along with high doses of multivitamins, minerals and protein. This process lasts from four to 10 days, depending on the patient's age, size and drug habit. Libby says it is administered in a "calculated and very controlled manner."

Unconscious overdosed addicts are given sodium ascorbate intravenously, but Dr. Libby prefers the oral

method, to discourage the needle-and-syringe habit. The dose is gradually reduced to 10-30 grams per day, and—after about a week—to a "holding dose" level of 10 grams daily.

Libby's most startling claim is that the addict not only loses the craving for narcotics, but is actually unable to get "high" after receiving a massive dose of vitamin C.

"Should a fix be taken," he says, "it is immediately detoxified and no high is

produced. It is like injecting plain water."

According to Libby's colleague, San Jose biochemist Irwin Stone, "There is a great improvement in well-being and mental alertness. In a few days appetite returns and they eat well; they have restful sleep and the 'methadone-constipation' is relieved."

Addicts reportedly suffer few of the discomforts of withdrawal.

"I'd be perhaps a little cautious in saying that large
continued on page 10

Women's union winning

By Colleen Glynn

A crowning victory was won by the Service, Office and Retail Workers Union (SORWUC) of Canada this summer when the federal Labour Relations Board ruled a bank branch was an appropriate bargaining unit.

Much to the chagrin of Canada's major banks, this new ruling now allows the United Bank Workers section of SORWUC to apply for union certification when the

majority of employees at a bank branch wish to become unionized.

The ruling's success can be seen in the fact that nine bank branches have already been certified and 24 certifications are pending.

SORWUC is not limited to only organizing banks. Since its beginning in 1972, SORWUC has organized three day-care centres, five small offices, crisis centres, the Vancouver Transition House

and the Electrical Trades Credit Union in Burnaby.

They have accomplished this with considerable support from other independent Canadian unions, the women's movement and individual trade unionists. Little, if any support has come from major labour organizations.

SORWUC is hopeful that within the next three years all of Canada's banks will be organized and that it will inspire other working women to unionize.

More courses for women

More interesting and instructive programs for women are being organized at the Richmond Women's Resource Centre this fall.

September has already been marked out as 'Political Skills' month, with weekly sessions on the various skills

needed in politics. A different skill will be emphasized each Wednesday at 7:30 p.m. at South Arm United Church, No. 3 Road and Steveston Highway.

Sept. 14

"How to Write a Press Release" by C. Glynn "Ef-

fective Letter Writing" by N. Westaway.

Sept. 21

"Organizational Skills" and "How to Write Briefs" by the Vancouver Status of Women.

Sept. 28

"How to have an Effective Voice in Government" by Joan Wallace.

Also coming up this fall will be a "health month" and a "practical skills month," as well as a social evening for all Richmond women's groups, to be sponsored by the Richmond Women's Resource Centre.

For further information please contact Naomi Lis at 271-9851 or Colleen Glynn at 273-5902.

... Male Rites ...

By Maggie Edwards

Women's rights as individuals are being violated in various insidious ways, and this is fast becoming apparent to women who previously denounced women's liberation for fear of losing the relatively secure positions they had. Personal freedom is being impinged upon, for it is necessary for most women to accept certain standards as normal, whether they are or not, in order to survive.

Last week a Seattle woman was fired from her job for not wearing a bra. The company's defense was that it is "company policy," along with wearing stockings. One possible reason for this policy existing is to ensure that employees are suitably dressed; if this is so then these particular rules will have little effect in ensuring this.

As is much more likely, it is a question of morals and sexual standards. Society (read men) presumes that scanty clothing (read provocative) is an indication of a woman's sexual standards or lack of. However, this type of thinking reflects much more accurately the sexual mores of those that presume.

For far too long men have believed that women exist as their complement, that everything women think or do is relative in some way to men. Subsequently men feel free to interpret all actions of all women in relation to themselves and often to their advantage; for example, some men believe that when a woman says yes she means yes and when she says no she means yes. The judge in the states who dismissed a rape case, is guilty of this type of thinking. He maintained that the youth was reacting normally when he raped the girl; that a woman is public sexual property and that by wearing provocative clothing is proclaiming her sexual availability to all and any man.

If this is so then men must consider themselves little better than animals, unable to control their sexual urges. Subsequently it would seem that men are irrational creatures driven by urges beyond their own control; in short everything that the controlled, logical masculine stereotype is not supposed to be.

Presumably the rationale behind this type of thinking is that men, fearful of this side of themselves, attempt to bring it under control by preventing women from wearing provocative clothes.

It is hard to take this seriously, and is no less confusing, for the provocative alluring women has been revered (and punished) in literature for centuries and is currently perpetuated through the sex pulps such as Playboy and Penthouse.

It must be concluded then that women must know what to be and when to be it; a lady in company, a master cook in the kitchen and a whore in bed. If a woman can't manage that when she is not feminine, and if an individual is not either masculine or feminine then they cannot exist for there is no room in our society for individuals who exist outside the stereotypes.

Anti-Calendar

We've all heard of anti-pornography, anti-Trident, and anti-disestablishment-ism. But anti-calendar?

Well, Student Council decided Tuesday its time we all became familiar with that term. And what is it?

According to president Dave Johnston it will be a student handbook to courses evaluated by the students themselves.

Johnston said, "It will give students who come in from the cold" some insight into what others thought of the courses at the college.

Questionnaires will be handed out to students in Nov., he said, so that the anti-calendar will be ready for students registering in January.

He said all courses and sections will have to be evaluated as soon as possible.

Johnston hopes the anti-calendar will help make teachers more conscientious in their jobs. A list of 50 questions, of which five will be selected for the students evaluation, will be sent to the faculty.

In other business student council decided to contact other communities to make a deal for students to use their I.D. cards to gain entry into pools.

Presently the only pool where student cards will gain you 'access gratis' is at the Canada Games Pool located behind the New Westminster campus.

Johnston said, "It costs a few bucks but it reaches the most students."

Changing Herstory ...

By Donna Vaughan

Last year, The Other Press carried a feminist column entitled *La Femme Fatale*. We feel, however, that this title reduces the potential impact of the column as it perpetuates, albeit unintentionally, the traditional sinister Eve-Pandora-Lorelei image of Woman as source of all evil.

This image has so permeated human consciousness that it has intrinsically affected the language we speak and the terms with which we formulate our concepts concerning relations between the sexes. For instance words referring to women eventually, almost without exception, wind up bearing sexually derogatory connotations. Consider, for example, the word "lady", once equivalent to "lord", "mistress", once the counterpart of "master", or "courtesan", which like "courtier", originally meant a member of the medieval court circle. These terms, as we have seen, once had completely respectable meanings. Now, however, we have "lady of the night", a "madame" who is the owner of whorehouse, a "mistress" in an illicit relationship, and "courtesan" is synonymous with a high class royal whore, the paramour of a king, or "lord."

Exclusively masculine terms, however, still retain their former eminence, i.e. "master of his fate", "lord of the earth." These terms still preserve their aura of power and respect and have undergone no such degeneration. In fact whenever a masculine term changes it is generally towards a more favourable meaning. The colloquial term "guy", for example, was once a term of opprobrium resulting from the attempt of Guy Fawkes to burn down the British Parliament, but now carries a sense of acceptance and camaraderie.

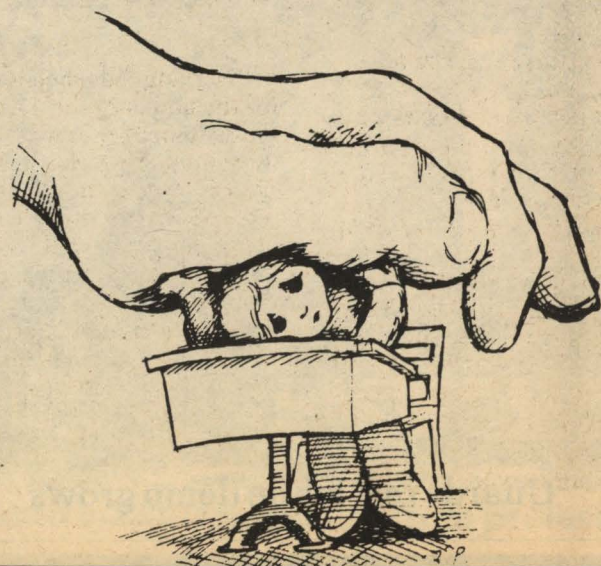
The same is true of the term "rogue", which is originally meant a thoroughly disreputable character but is now a half playful, rather admiring term for a fellow whose abilities with the "ladies" men envy.

This contemptuous attitude towards women and its role in shaping our consciousness is explored in Psychology 110-10, The Psychology of Women. This course, taught by Rosalie Hawrylko, also demonstrates how our language is used differently by women and men in a manner which invariably presents women in a less assertive, more reticent light. Women, for instance, are much more inclined than men to attach a qualifier to the end of their sentences--"That's nice, isn't it?" or to phrase their requests in a politely inquiring manner, "Could you close the door, please?" rather than expressing a direct opinion or stating their own wishes in an assertive manner. This suggests that women have been so conditioned by society that they regard themselves as less worthy beings whose own opinions and desires could not possibly be that important, even to themselves.

Consequently their only hope for tolerance lies in adopting a self effacing, placating attitude towards the world. Existing on the periphery of society results in women tending to express themselves in the passive voice. "I was walking to my car", as opposed to the active "I walked". The implication here, perhaps, is that women do not feel that the world fully belongs to them and consequently do not feel free to direct their own actions within it.

Man has long regarded woman as being only incidental to the mainstream of human existence, a sort of Ladies Auxilliary of the human race. An examination of recorded culture attests to this exclusionary tactic, as the chronicle of human events has been presented entirely from a male perspective as though the human drama has been solely "history." As feminist Mary Wollstonecraft declared in *A Vindication of the Rights of Women* in 1791: "It is time to restore women to their lost dignity, and to make them part of the human species."

186 years have passed since Wollstonecraft "threw down her gauntlet", yet women have still not received their *Magna Carta* of full human rights and dignity. It is even more imperative now in 1977 for the entire human race to become aware of "herstory."



Summer campaign ends

By Terry Glavin
Terry Glavin, former editor of the Other Press and presently B.C. Bureau Chief for Canadian University Press, has been following the events in Bangor this summer for a variety of Canadian Publications.

VANCOUVER (CUP)--On July 4, while most residents of the tiny village of Bangor in northwest Washington state quietly observed the anniversary of American independence, a small group of Canadian and American families crossed the perimeter of the Trident nuclear submarine base nearby.

Some climbed a fence into a thickly-wooded area of the base while others landed in four small boats at a beach within the base perimeter. Twenty-eight demonstrators were arrested on federal trespass charges and 12 children were released to the custody of friends who waited at the main gate of the base.

During the five weeks that followed, a "summer of intensive resistance" to construction of the port facilities of the 30 vessel Trident nuclear submarine fleet developed into the most controversial political scenario

of the Pacific Northwest this summer.

Almost daily demonstrations at the base resulted in the arrest of 50 Canadians and Americans, most of whom were members of the Pacific Life Community, a New Westminster-based pacifist group that has been at the forefront of anti-Trident demonstrations.

The summer anti-Trident campaign culminated in a massive demonstration at the base Aug. 14, when about 2,000 demonstrators from Canada, Australia, and throughout the United States assembled at the main gate

of the base.

About 500 of the demonstrators, as an act of civil disobedience, crossed a white line that marks the perimeter of the base at the main gate, but no arrests were made.

According to Pacific Life Community spokesperson Jim Douglass, the Aug. 14 demonstration was "successful beyond our expectations and our hopes. We've never had anything as spectacular as 2,000 people at a demonstration before."

A total of 181 people have been arrested in small civil disobedience actions at the base since 1975.

"This summer was a good beginning," Douglass said in a recent interview. "This summer in particular showed the importance of maintaining a constant presence at the base, and coming together as people did on the 14th."

Local residents stood by in total amazement Aug. 14 as pacifists, environmentalists, students from British Columbia's Simon Fraser University and feminist organizations choked the tree-lined streets of Bangor.

The demonstration took on the atmosphere of a country fair as deputies clapped along with anti-war songs and joked with demonstrators.

But Lt. Camille Estrada, public affairs officer for the

Trident base, doubts the effectiveness of the demonstrations.

"It's too late to stop it now," she stated.

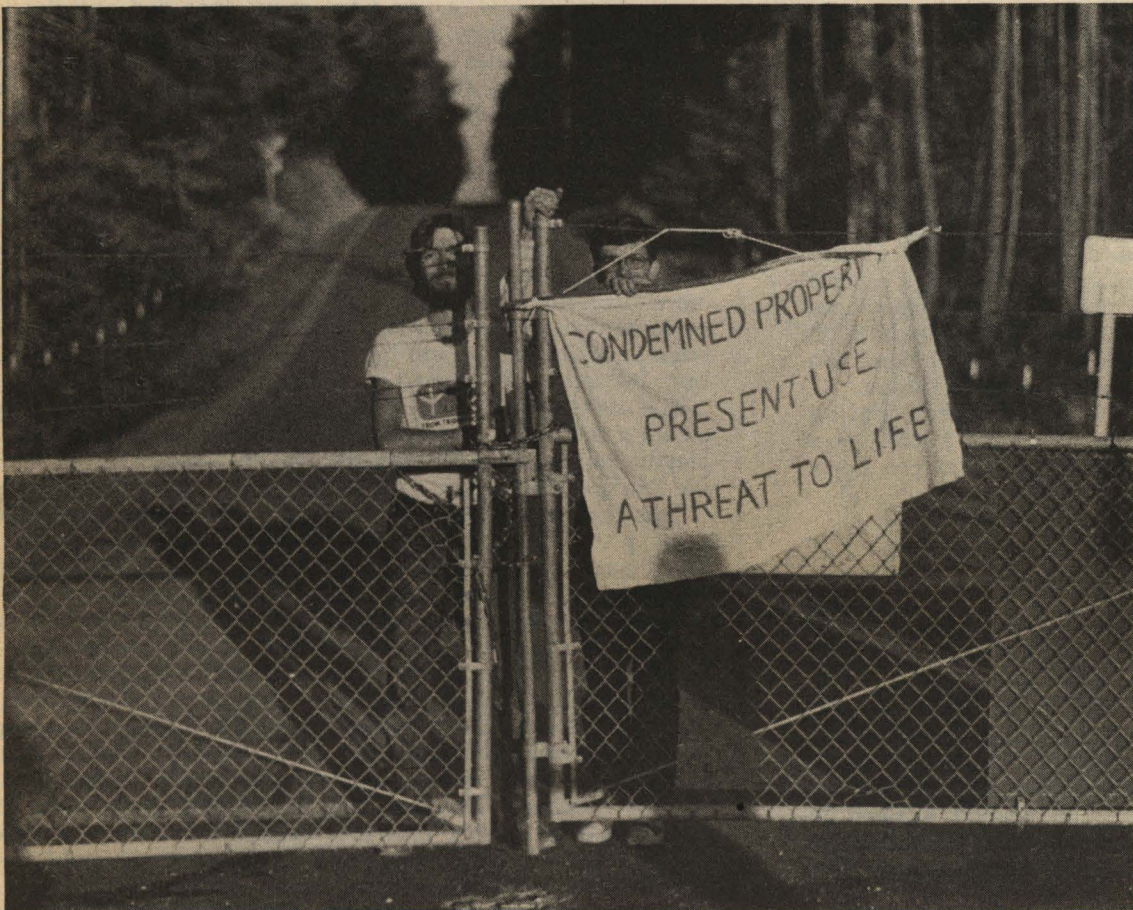
But the PLC believes it can be stopped--through a sustained presence at the base, through a "combination of international pressures", and greater involvement of Kitsap County residents.

The Trident facility means jobs to the people of Kitsap County. The federal government is the major source of income in the county, and aside from the brush-picking industry, county residents have little left to choose as a livelihood.

But to Robert C. Aldridge the designer of the Trident missile, and to thousands of demonstrators who have made their way to the Trident base since 1975, Trident represents a "first-strike" weapons system.

Aldridge, who resigned his post with Lockheed Aerospace for reasons of conscience, has stated that the Trident missile is specifically designed to destroy 'hard targets', such as Soviet underground missile silos--which would be empty in the event of a Soviet nuclear attack.

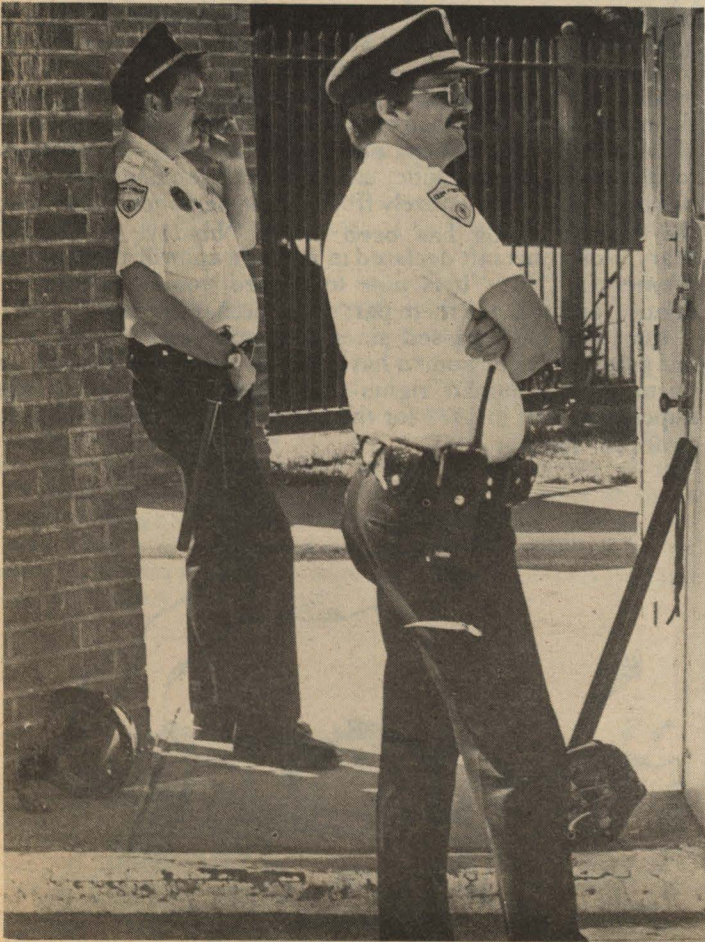
Aldridge claims the Trident system puts a "hair trigger" on the American nuclear weapons arsenal and represents a deadly shift in American defense policy.



One of many actions this summer at Bangor



Lynwood Gordon waits for arrest



Guards rest while demo grows



Autumn campaign begins

The Trident system is composed of 30 mammoth submarines, each powered by two nuclear reactors, and equipped with 408 no-miss missiles, each allegedly ten times as destructive as the Hiroshima bomb.

Each Trident submarine, the first of which is expected to dock at Bangor in 1979, is four stories high, the length of two football fields, and costs two billion dollars.

The Trident system is 30 submarines, 408 warheads, ten Hiroshimas, and is the costliest most destructive weapons system in the history of warfare.

The Pentagon claims Trident is essential to maintain a "balanced deterrence force" with that of the Soviet Union. The Canadian government complies with the American government, and has refused to object to the passage of Trident submarines through the international waters of the straits of Juan de Fuca.

Washington Governor Dixie Lee Ray is also a staunch supporter of the Trident system, and suggested in a recent interview with a Canadian reporter that British Columbians "mind their own business" regarding Trident.

"And if you don't mind me saying so, keep your Trident people at home, too," she stated.

But Canadian resentment

is growing to the presence of the Trident port, located just 60 miles south of the U.S.-Canadian border.

The Trident system has been condemned by such diverse voices as the Catholic Archbishop of Vancouver, the B.C. Federation of Labour, the Greater Vancouver Real Estate Board, and, in a rare show of solidarity, the four provincial parties.

But Kitsap County residents are becoming increasingly hostile to the almost continuous presence of demonstrators at the base.

In late July, local residents threw tire irons, rocks, and smokebombs from cars passing in the night at a shanty constructed across the road from the main gate of the base.

In one incident, the shanty was pushed in on top of the demonstrators, but no one was seriously injured.

In early August, a man who identified himself as a veteran of three wars attacked a Canadian demonstrator at the main gate of the base who had been maintaining a three-day fast and vigil. The attacker strangled the demonstrator until he was unconscious, but no charges were laid. The attacker was later identified as a naval officer at the Bangor base.

Glenn Jarstae, mayor of the nearby city of Bremerton, said the hostility was due to the fact that "people around here are proud of the

role they've played in the last two world wars.

"The people think the demonstrators are just one big pain in the neck. Everyone has the right to peacefully protest, but after so many days it grows pretty thin."

But the anti-Trident forces are not backing down. This fall, civil disobedience at the Trident base is expected to continue, and the Pacific Life Community is currently looking for a large house near the base that would act as a "permanent base of operations."

The PLC will be involved

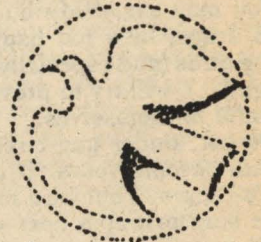
in a series of complex court cases this fall as demonstrators appear before state magistrates and federal judges on charges arising from civil disobedience at the base.

The American Civil Liberties Union, concerned that certain arrests of leafletters at the main gate of the base violate the free speech provisions of the American constitution, will be playing a major role in the trials.

But many PLC members have served long jail terms for previous civil disobedience, and have vowed not to back down in their attempt to test the legality of Trident under international law.

A common defense of the PLC when charged with offenses resulting from civil disobedience is that Trident violates a number of international statutes and declarations.

"We've seen that construction of the base can be virtually stopped," Douglass believes. "Bangor summer was a great step forward."



*photos by Neil Dowie



Some who chose civil disobedience August 14



Mass action August 14: bigger than Seabrooke



Guard accepts memento from protestor

off the track...

By Myrtle Winchester

Is YOUR Bird An Addict?

If you are a bird-owner, of course you are concerned about your pet's physical and mental well-being. Many of our feathered friends are ignorant of the dangers of cannabis and related drugs, so you must be careful that he/she does not ruin his/her life.

You may say, "My budgie would never become involved with drugs; he's too happy and well-adjusted." But, birds being birds (and especially after a certain book about a certain seagull...), will try to prove their independence in ways often harmful to themselves.

Do not, under any circumstances, think that the problem cannot become yours. It doesn't always happen to the next guy's canary. Your bird might be addicted!

Be sure to watch next week for "Part II: What To Watch For".

SPACED OUT

Most people I talked to really enjoyed "Star Wars". After a time, when the lineups weren't quite so long, I went, full of great expectations. I was all ready to be taken on the trip of my life, and I don't mean by drugs; the movie was going to do it all for me.

Understandably, I was disappointed. The movie wasn't that good. The plot wasn't deep and meaningful and the characters weren't perfectly portrayed or developed. I recall thinking that I would have enjoyed the movie a lot more had I been ten or twelve years old. That was understandable too: at ten years old you go to a movie to be entertained, not to suffer through a boring film and then have to contemplate it for a few days to get the full implications of it.

If you haven't seen "Star Wars" yet, by all means go. It is a truly fantastic film. But go prepared to be entertained, not to be enlightened.

If you have seen "Star Wars" and aren't quite sure if you like it or not because of its simple plot, read the "Dune" trilogy by Frank Herbert. I have no proof that the movie was taken from the book, but there are too many similarities to be coincidental.

"Dune" and Herbert's two follow-up books, "Dune Messiah" and "Children of Dune" are anything but shallow, and you don't even have to be a sci-fi buff to enjoy them.

DISCO SUCKS OR WHY BEAT A DEAD HORSE?

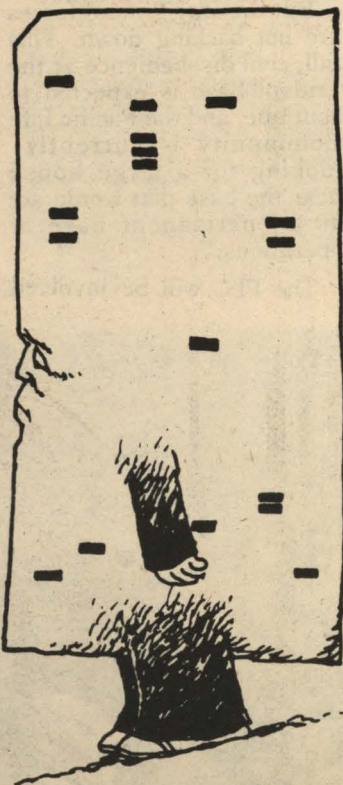
Last Thursday afternoon, after spending a few hours laminating student cards, I decided to stop at the pub for a couple of beer and to take in some of the local color. (A member of the labour force for the past six years, this college situation is entirely new to me.)

I was enjoying all the new faces and voices, and the beer, and then...I heard it...DISCO MUSIC! I quickly retreated to the washroom, and, mercifully, when I returned, the song (?) had ended. But it took me two solid hours of FM to stop my hands from shaking later that night.

Let me make it clear that I mean nothing personal against the person or persons responsible for the music. I have been known to listen to K.C. and the Sunshine Band, and Disco music was a good crowd pleaser. But this was, at the very least, a year ago.

Disco is dead and it's been a long time dying. It was light, bouncy, and happy, very danceable music, but unfortunately there was little anyone could do with it. The best effort was probably "Jive Talkin'" by the Bee Gees, and the worst was no doubt "Shake Your Bootie" and "Disco Duck".

There is some excellent music around today, and seemingly enough variety to satisfy anyone, so why do we still hear "Boogie Fever"? One would expect to hear less of this mindless and vapid noise around an institution such as Douglas College where there are so many music students. But if you must still hustle and bump in 1977, show a bit of consideration for your fellow man (or woman) and lock yourself in a sound proof closet first.



Junk Food Junkies Unite!

Getting tired of that lethal cafeteria coffee? Are those greasy goods (Sorry Nel) causing you ulcers?

Well if you are getting a little tired of that gourmet food the machines cough out, now is the time to do something about it while energy is high and the books have not taken you down.

About a dozen students on the Surrey campus are trying to form a lunch counter co-op. One member, Bill Burnham, said, "So far there has been good support, but is difficult to see what will happen."

He said the lunch counter food co-op would sell only "natural stuff." "A lot of students who live in White Rock or Surrey areas are already into co-operatives, so it looks good," he said when asked where the natural foods would come from.

What kind of munchies? "Probably salads or sandwiches. Nothing cooked," Burnham said. The food in the cafeteria, he added, is a "shock to the system of the majority of students."

Interested? All right, come to room 701 12 noon Tuesday, on the Surrey campus.

Green Fever

By Myrtle Winchester

It is not a passing fad or a hobby confined to a small group of people. Houseplants are here to stay, and the way they're gaining popularity we may soon hear Epstein say, "Up your Aspidistra." If you don't own at least one plant, people are wondering what is wrong with you. It is unnatural to have no greenery in your home, be it ever so humble.

If you have previously tried to bring a bit of nature into your home but have been unsuccessful, don't for a minute think that you are not a plant person. Everyone is a plant person, you just didn't know what you were doing. Following are a few basic plant care rules in which you will probably discover what it was that you did wrong.

Water:

Do not water your plant every day, every week, or every month. Water *only* if the soil is dry when you stick your finger into it. The exceptions (and there are always exceptions) are Coleus and most Ferns, which should be kept moist (not wet) all the time. Misting your plants is usually beneficial to them, but if you have a plant with hairy leaves it is better not to.

Sun:

If you are avoiding plants because you live in a cave, don't; get a Boston Fern. They will live in the shade. Most plants (even cacti) do well in filtered light and it is strong bright sunlight which is really harmful. Like us, they get sunburned so if you feel that they would like some direct sun, introduce them to it gradually.

Soil:

If you decide to transplant your favorite plant, *Do Not* go out into the backyard for the soil. Go to your local plant shop and buy commercial potting soil. It is inexpensive (dirt cheap) and worth at least as much as your plant is. Garden soil is full of bacteria, insects, seeds, and all kinds of similar nasties, and brought into your home in a pot can cause all sorts of trouble to you and your plant. Potting soil is not even a soil, but a mixture of several things which make the best possible bed for your plant's root system.

Fertilizer:

Fertilizers can kill. Don't fertilize your plant when the soil is wet. Or dry. Don't fertilize your plant if it is not in the best of health, and don't fertilize it unless it is getting new growth, and never fertilize it in the winter months. Unless you know exactly what you are doing, I would recommend "FerTabs" plant food, and follow the instructions carefully.

Love:

You should enjoy your plants. If you honestly think that plants belong outside and that they are a nuisance elsewhere, give them away. Plant people always have room for one more, no matter how ugly you think it is.

Talk to your plants. I'm not sure how beneficial it is to the plants, but it's always nice to have someone to talk to.

Many well-informed sources say that music is also good for your plants, which is logical to me. A number of experiments were made on the type of music plants like, and they seem to thrive on classical while hard rock affects them badly. It is even possible to buy special records for your plants to listen to. But if you're a Led Zepplin fan, don't despair. I have an Emerald Ripple which seems to be in the best of health, and it sits on top of one of my stereo speakers, which blast out a good deal of loud rock. It's best to find out what type of music your plant likes before you decide where to put it.

Peace, and may you never be bothered by spider mites.



A Quest for the Ivory Tower

By B.J. Cologne

In the early years or of the Douglas epoch, when men were men, but would never admit it, except when they were Queens. And women were up and coming in their struggle to be recognized as something other than sugar and spice-our hero, Colon, was confused.

Colon, by trade, was an exterminator. The last two years of his life had been spent as the sword man for the Slay a Dragon Exterminators Inc. But no longer did he see the future in terms of a challenge. Progress had ruined the Dragon-slaying trade.

The advent of cement, fire resistant chemicals and asbestos insulation for housing, instead of the traditional wood, had turned the pesty Dragon, into an asset. No longer did having a Dragon rummaging through your yard and breathing fire on your condominium mean you would spend the next six years of your life fighting the insurance adjuster. In fact, with the cost of fuel rising so drastically, it became a luxury to have a dragon around through the winter months, although keeping the paint on the car became a problem.

Consequently, Colon was out of a job. Unless he wished to sign on with the conglomerate oil companies who were furious at the turn of events. It became quite obvious that this sudden tolerant attitude toward the dragon was costing the oil companies on two fronts: first they lost their heating revenue, secondly, they lost their store of fermenting dragons. And, as we all know, the fire breathing dragon is the 'reisling' of the oil industry. A meager million years in the cellar produces a vintage year. The mere thought of all this is ridiculous, for it does not concern this account of Colon and his role in the precious tales of Douglas mythology.

Colon turned down the offers by the oil companies, which were paying the highest wages in the land, in favour of being the star of this tale. It is worth noting here that it is impossible to ascertain

Colon turned down the offers by the oil companies, which were paying the highest wages in the land, in favour of being the star of this tale. It is worth noting here that it is impossible to ascertain from the records whether Colon is our main character's real name, or a nick name that he acquired through the course of his life. (Because of his divine gift of being able to travel the difficult path, even though he had to constantly battle his way off the simple one. This writer is of the opinion that his name was indeed a 'handle' given to him by those that knew him well.)

So Colon was out of a job, and confused; there had never been an excuse which had prevented him from acting before, and it wouldn't now. With fanatical clarity he sped to the store and purchased 24 "Blue" and a box of "Ritz". It is believed that this combination, without the stabilizing effect of cheese is what caused Colon to experience the divine vision that set him on his important path.

However, in all fairness to accuracy, I must relate there is another version of this prelude to Colon's vision. The "Blue", and "Ritz" version of the tale is maintained by the scholars that feel Colon was a Saint, and could do nothing wrong. This second version comes from a group of researchers who claim that Colon was not the traveller of the straight and narrow as he is claimed to be, and, in fact, that if he had been there would have been no vision. The researchers claim that not only did he indulge in the "Blue and Ritz," but that he also smoked a herb that at the time was considered to be illegal. They go on to say that after smoking this weed Colon was struck by an acute case of the munchies, and broke into the tropical Pet and Fish store where he proceeded to eat a tank of angle fish along an assortment of sea weed, crustaceans and a pair of piranha. It is after this feast while sipping his drambuie, that this school of researchers believe Colon had his vision. And the more abstract of these do not even believe his vision to be a vision, but merely the objections of a parrot that our hero may have devoured.

In any case, something, or some one, spoke to Colon to change the direction of his life; and it is in this change of course that this section of Douglas mythology lies. (Ambiguous).

What was said to Colon that so changed his life? Maybe it was a cop: "we make enuchs out of your type, kid!" or; the college registrar: "Colon, Colon who? If you're not in the computer, you're a problem. And I'm sorry, we don't accept credit cards, German marks, or problems. Good-bye."

To find out the fate of Colon, the next issue of the Other

To find out the fate of Colon, watch for the next issue of the Other Press. And if you don't care about Douglas mythology, check next week's issue to see what the editor has to say to me.

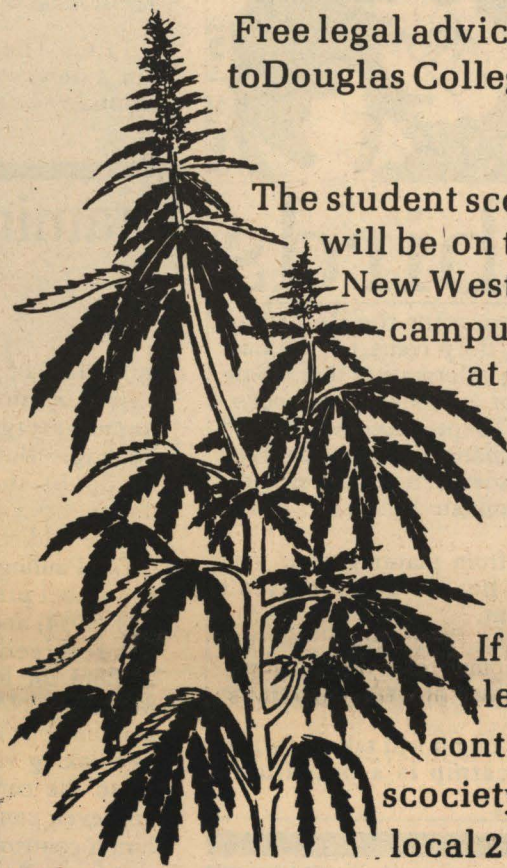
The Green Cove Coffee House
1661 Napier St.
Featuring Frankie Armstrong
Sept. 16, 9—12p.m.

PEOPLE TO LEARN
PROFESSION OF
SERVICING
ELECTRONIC CASH
REGISTERS
Call 522-7753

Mens and Womens Basketball
First Practices Mon, Sept 13,
Wed. Sept. 15 5:00 p.m.
New West. Arena



Free legal advice is available
to Douglas College students



The student society Lawyer
will be on the
New Westminster
campus Friday Sept 16
at one o'clock

FREE
LEGAL
ADVICE

If you have any
legal problems
contact the student
society at 521-4851
local 252

Douglas
College

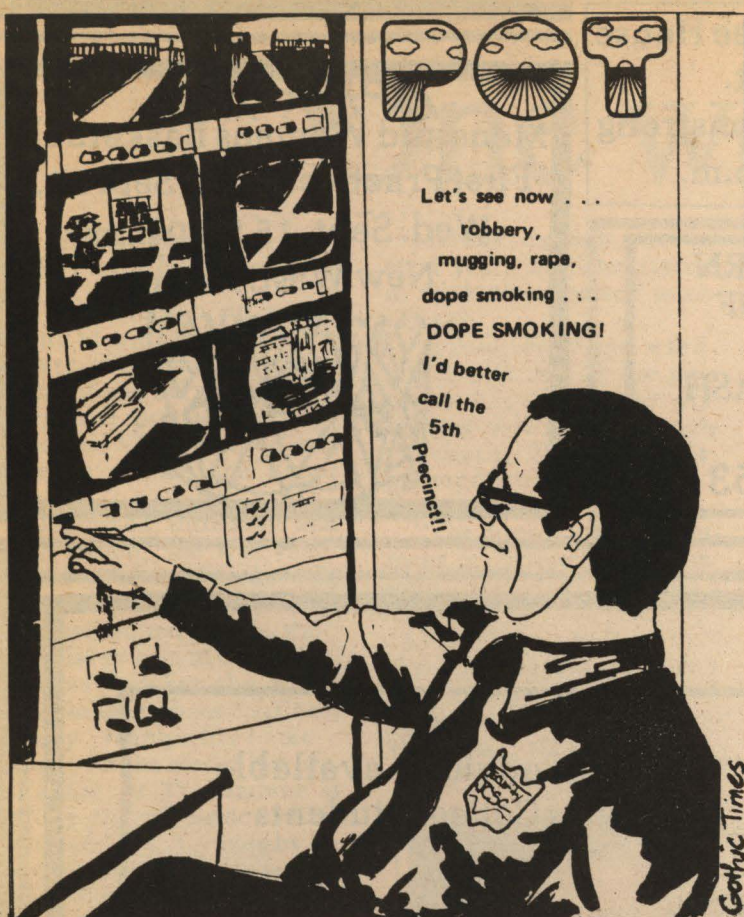
Varsity
Christian
Fellowship

-Calling all Christians-

BOOK TABLE
in the cafeteria
Every Thursday
11 p.m. to 1 p.m.

Come and be part of the
Campus Witness

First meeting of the semester
Surrey Campus
Tuesday 4p.m. Rm 419
New Westminster Campus
Wednesday 4 p.m. Rm 105
Speaker— Neil Graham — Director



For the birds

N.O.R.M.L. (National Organization for the Reform of Marijuana Laws, if you've been in a deep coma for the past year or so) has released the shocking information that "Sing Song" bird seed contains up to 60 per cent marijuana seeds.

According to the Vancouver Police Dept. these seeds (and any other marijuana seeds for that matter) contain no THC (the stuff that makes pot illegal) whatsoever, and furthermore, the seeds will probably not even germinate because they are covered with vitamins and honey.

This did not stop the local police from planting their own little garden with the seeds though. But as yet they haven't had any success with their experiment.

It also didn't stop them from taking "Sing Song" off the market either, but, if one was to take the rest of their information seriously, the only ones they are hurting are the birds.

Oh well. It makes you wonder how long it will take for some righteous person to decide that catnip is a potentially dangerous drug.



The Miracle of Birth

It costs \$12.50 at the Vancouver S.P.C.A. clinic to have a male cat neutered and vaccinated. The rates range to \$25.00 for a female dog. If you have a purebred Himalayan with a long and impressive pedigree, good for you, but if you have an average everyday dog or cat, have it spayed or neutered (depending on whether or not it is a she or a he).

The operation causes only temporary discomfort, there are very seldom complications, and your friend will not become fat, lazy, or neurotic.

I must admit, however, that kittens and puppies are cute. If you are thinking about how cute your pet's litter will look, try to imagine how cute they will look dead. Most animals born today are unwanted, and if you still aren't impressed, I ask you to go to the local animal shelter or pound and look at all the caged and very definitely unwanted dogs, cats, kittens and puppies. Most of them will be killed. ("Put to sleep" for you gentle souls).

If you have a pet, you also have a responsibility to that pet and all of its offspring. Think about it.

B.C.S.P.C.A.
VANCOUVER REGIONAL BRANCH
1205 East 7th Avenue
Vancouver, B.C.
Telephone number: 879-4811

Upstage

The birth of Janus

"The audience was enriched with enthusiasm as the comedy 'THE GOOD DOCTOR' by Neil Simon, lightened the burdens of reality off the many people who were seated in North Vancouver's Presentation House opening night."

Due to the element of advertisement, the title, "THE GOOD DOCTOR," was known throughout Vancouver as the birth of the Janus theatre."

Janus Theatre, Vancouver's newest professional company begins their pre-

mier season at a new theatre. Neil Simon's comedy, "THE GOOD DOCTOR", opened Sept. 8, at 8:30 p.m., at the Studio Theatre in North Vancouver's Presentation House, 209 West 4th St.

Simon Webb, director of the highly successful production of "Our Town", returned to work with Janus on their entertaining comedy.

"The Good Doctor" prescribes laughter as the best medicine and is available for consultation Tues. through Sun., at 8:30 p.m. And will be running till Oct. 1st.

Matinee performances will be offered Sept. 20th and 27th at 1:30 p.m.

Tickets cost \$4.00 Fri. and Sat. \$3.50 Weekdays \$2.50 Old Age Pensioners & Matinees.

This delightful piece of viewing, dealing with a sequence of representational skits based on Anton Chekov's short stories, and linked together by a presentational narrator, has a possession of moldy comedy, brought to life by the director and the players.

vitamin C continues

quantities of sodium ascorbate can detoxify heroin immediately," says Linus Pauling. "But I think there's no doubt that very large doses of vitamin C will relieve addiction."

Dr. Pauling, 76, winner of two Nobel prizes—for chemistry (1954) and peace (1962)—has received international acclaim for his research on proteins, DNA and sickle-cell anemia. But his recent theories linking vitamin deficiency to the common cold, flu and even cancer have made him a controversial figure in the scientific community for a decade.

A heroin addict treated at the Santa Ana clinic this summer has no doubts as to the treatment's effectiveness.

"I was dazed when I went in," says this addict, a 22-year old white, male upper-class resident of Sacramento whose four-year habit had grown to \$50 a day. "I had tried other programs but none of them made you feel like quitting."

At the beginning of the Santa Ana program, he says, "they give you so much C, it gives you the runs, cleansing your system. Then they reduce the doses. I began feeling really good for the first time in a long while. Usually you've got that craving in your stomach, but that disappeared. It's really amazing, it makes you feel so good."

He says he paid \$500 for a one-week stay at the clinic, living in a house with five other patients and three full-time counselors. "Now I'd like to go back and work as a counselor there," he says. He still takes 10 grams of vitamin C a day.

Dr. Libby admits that the medical profession may scoff at his work in the Santa Ana clinic. "It's a little difficult to accept the notion that vitamin C can cure heroin

addiction. I don't have any addicts who come here who aren't skeptical—and why shouldn't they be?

"But it would have taken a chiropractor to come up with this," Libby adds. "We're trained differently than medical doctors. We're very deep into body chemicals, and, because of the restrictions of my license, I had to look at something besides drugs."

Libby and Stone have pioneered the theory of orthomolecular medicine, which is the use of vitamins and other natural substances instead of drugs to treat and prevent certain diseases.

Stone's theory is that all human beings suffer from a generally undetectable form of scurvy—what he calls "hypovitaminosis C"—a vitamin C deficiency—but that drug addicts and cancer patients have it to a much more severe degree.

"Humans carry a defective gene that prevents us from making ascorbate like other mammals," Stone believes. "We actually need thousands of milligrams of vitamin C a day, instead of only 45 milligrams as the nutritionists say. Addicts are suffering from severe lack of vitamin C, as well as protein deficiency due to lack of proper diet. We have to correct this with massive doses."

Stone, Libby and Pauling contend that every adult should take about 10,000 milligrams (or 10 grams) of vitamin C daily to prevent cancer and other diseases.

How might vitamin C work in preventing addiction?

Scientists believe that morphine creates a "high" by combining with and activating "opiate receptors" that lie on the surface of certain nerve cells in the brain. According to Libby and Stone, the sodium found in sodium ascorbate can remove morphine molecules from the brain's opiate re-

ceptors and replace them with vitamin C molecules. They claim this eliminates the desire for and euphoric effect from drugs such as heroin, codein and valium.

Libby and Stone presented a pilot study, involving 30 addicts over a seven-month period, at a seminar of the International Academy of Preventive Medicine in San Francisco in July.

After hearing about the project, the Board of Supervisors of San Diego county voted 5-0 on July 19 to investigate the feasibility of vitamin C therapy. San Diego is believed to have the fifth highest per capita heroin addiction rate in the U.S., and recently abandoned its ineffective county methadone program.

But Avram Goldstein, a Stanford University pharmacologist well known in the drug abuse field, wrote a letter warning the San Diego Supervisors not to accept the Libby-Stone study until all the data is available.

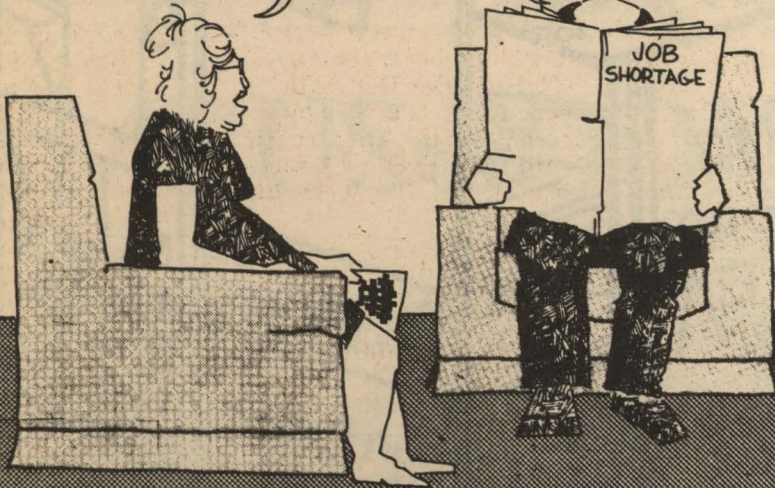
Goldstein demanded "proof that the people treated were in truth heroin addicts...proof that there were no toxic effects, since these outlandish doses of vitamin C are indeed potentially toxic...It is irresponsible to shift position with each new claim of a miracle treatment, and constantly to threaten the budgets of existing programs that are doing their job well."

Responding to Goldstein's charges, Libby says, "He's up there in his ivory tower and I'm down here seeing it work." He added that his pilot study with Stone will be published in full by the Canadian Journal of Orthomolecular Psychiatry in December.

Libby is quick to point out that this method is not a cure-all. He says when patients return to a drug-oriented culture they sometimes begin shooting heroin again. Although he believes the orthomolecular treatment eliminates their physical desire for drugs, it is partially up to the individual to resist social temptation and pressure.

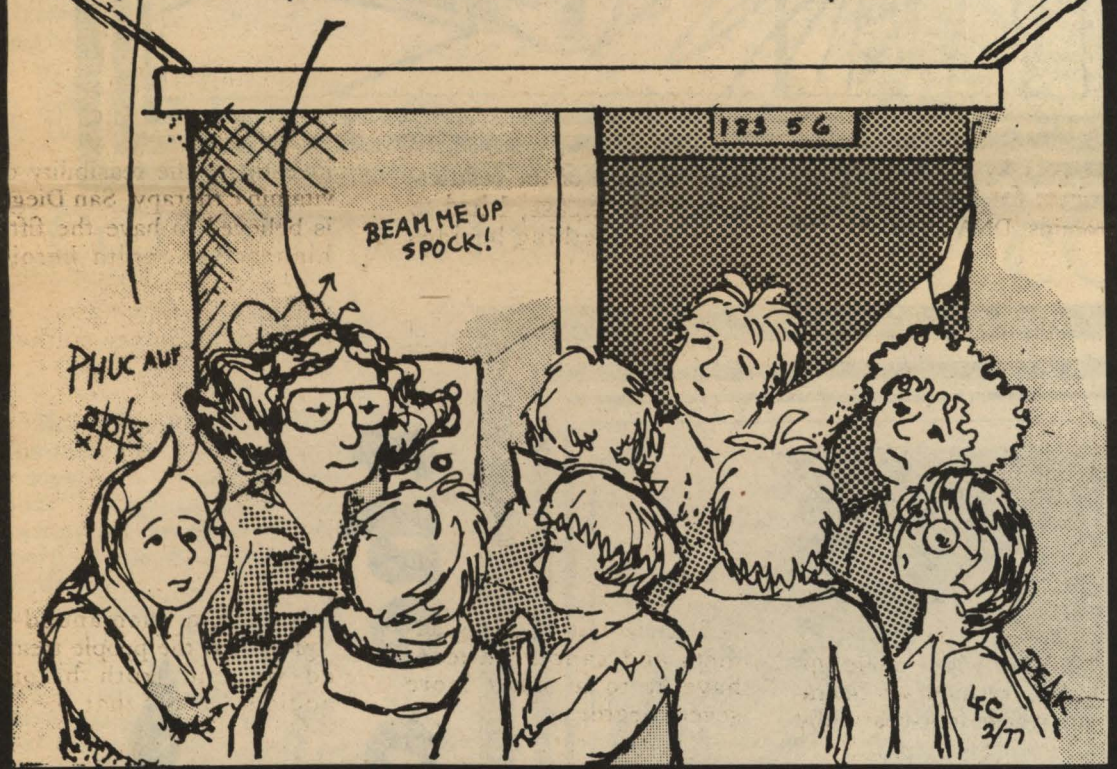
THREE LETTERS
"J"-"BLANK"-"B"...
"YOU CAN LOOK
ALL DAY AND
NEVER FIND ONE!"

MUST BE SOME-
THING EXTINCT-
TRY "DINOSAUR!"



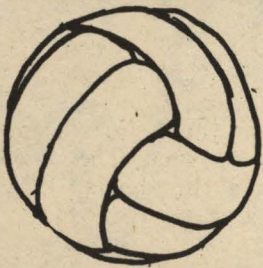
THESE CLAUSTROPHOBIC ELEVATORS!....
AND THE COLOURS THEY PAINT THEM!

BITCH, BITCH!... I JUST GOT
OFF THE BUS AND I ASSURE
YOU THIS IS WIDE OPEN SPACES



Career Seminar
Careers in audiology
and
Speech Sciences
Rm 716 New West.
Sept. 21 12-2 p.m.

Soccer Team
Practices
Tues. and Thur.,
5:00, P.M.
Queens Park



Ski-Club General meeting
New West. Cafeteria
Sept. 13, 5:00 p.m.



Douglas College hockey team needs help

The Douglas College, To-tem Conference Hockey Team is seeking assistance in running its affairs. The team needs *reliable* volunteers to fill the following positions:

1. Hockey reporter to Other Press and Pinion.
2. Statistician and Score-keeper.
3. An Announcer for Home games at Queens Park.
4. Publicity Agent.



Those who fill these challenging positions will be amply rewarded by enjoying the camaraderie of team members and perhaps by development of unknown skills. No experience is necessary. Reliability and hockey enthusiasm are the only ingredients required. Call Jim Urquhart at Richmond Campus or at home (277-6062).

Student Council elections soon

Are you unhappy with the student government? Do you have visions of how the college should be run? Well your opportunity has come!

By-elections, to fill the position of Vice-president Internal and Coquitlam Campus Chair-person, are to be held during the week of September 26.

Also to be elected at the same time are: 5 campus representatives from each of the four campuses: Surrey, Richmond, Coquitlam and New Westminster.

Those interested in running for the position of Vice-president Internal should be prepared to undertake tasks responsible for the internal functions of the Student Government, and to function as the President in the case of his absence.

The Campus Chair-person will be responsible for convening the general meeting as his/her campus, and co-ordinate events on the campus.

Those interested in any of the above positions should submit their nomination papers by 12 noon September 20th.

Nomination papers should contain the name of the student, student number, and the office the student is running for. The nomination should also contain the signatures of 5 students (students who sign the nomination form must be registered in at least one credit course.)

Students wishing to run for office must be students at Douglas College and taking at least one credit course, and have paid their fees in full.

Candidate nomination forms should be sent to the Student Society Business Office at the New West. campus. Students should post the form with the inter-campus mail service, which is free.

Campaigning commences Tuesday Sept. 12, 77, as long as the nominee's papers have been received by the Student Government, with the maximum allowable expenses for the campaign being \$25.

Voting will be held on Tuesday Sept. 27, Wednesday 28, and Thursday 29.

REGISTRATION BLUES

You have done it!

Survived endless lines of befuddled students reading notices of courses filled. You've been through the hassle trading blue cards for white ones with meaningless holes. (When you economics class turns out to be basic wood winds, those meaningless holes will take on a whole new meaning.) Only to trade those in for an orange card that you don't even get.

You have been herded past stations where, unless you're trickier than I am, have been branded. You have taken your well thought up schedule, even though your plotting of it on that two foot long monstrosity known as the registration form maybe testify to the contrary, and presented it to the sage behind the designated desk.

With a solemn reserved for funerals they take your form and scrutinize your choice. They look you in the eye, and snicker (that is if they don't come right out and laugh), as if your schedule was put together by an aardvark.

"Taking political science, hey. Not bad. Geography, what do you want to take geography for? Ha! Hey, Rabinowitz, will you come look at this kid's schedule. He's taking Geography and, get this, creative writing. Hey, fella, what do you want to do make a mountain out of a mole hill? I haven't seen a schedule that messed up..."

You leave that building with your confidence shattered, but you still have money in your pocket. Not for long.

You pass through the next building where the administration and the student council get together for the only thing they will ever get together on, and hit you for your money.

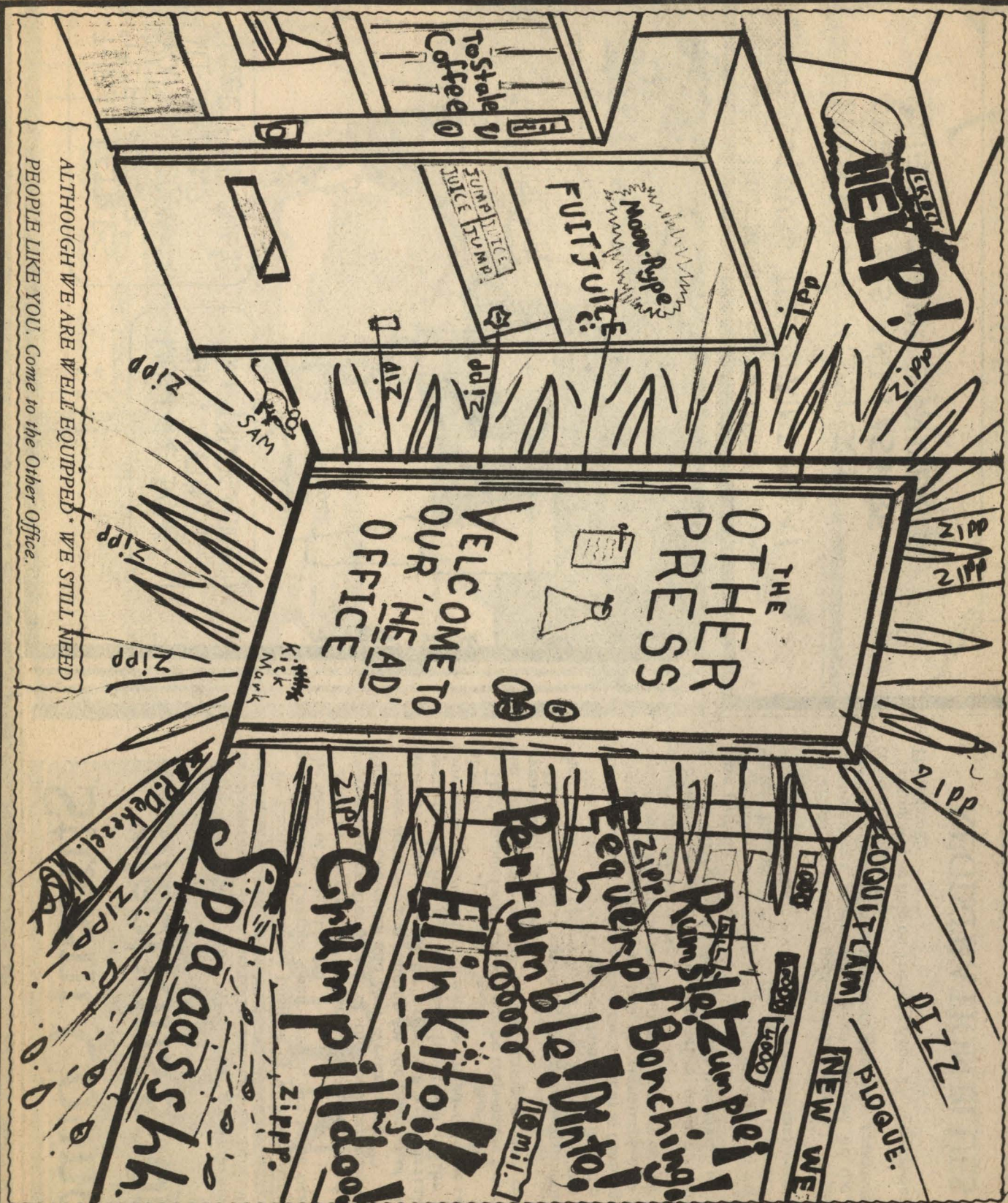
Almost through, but not quite. You have to have your mug taken, like at the police station. And like the police station they always catch you when you're at your photogenic best. Like after riots, demonstrations, and college registrations.

So here you stand, a fully abused college student. In the words of the immortal Dylan, "how does it feel?"

Does it feel good, the worst is over, right? All that is left to do is the work, and get those grades. If you think so tell me about it in the book store line up Wednesday morning. I'll be the one with the lawn chair.

Volume IV Number 2

the other press



ALTHOUGH WE ARE WELL EQUIPPED, WE STILL NEED PEOPLE LIKE YOU. *Come to the Other Office.*